

Micronutrient Grocery List

Your Ultimate Guide to Stocking a Nutrient-Dense Kitchen



Vitamins

Vitamin A

- **Vegetables:** Carrots, sweet potatoes, spinach, kale, red bell peppers
- **Fruits:** Mangoes, cantaloupe, apricots
- **Animal Products:** Egg yolks, liver

Vitamin C

- **Fruits:** Oranges, strawberries, kiwi, guava, papaya
- **Vegetables:** Broccoli, Brussels sprouts, red cabbage

Vitamin D

- **Dairy/Alternatives:** Fortified milk, fortified plant milk
- **Other Sources:** Egg yolks, salmon, tuna, mushrooms

Vitamin E

- **Nuts & Seeds:** Almonds, sunflower seeds, hazelnuts
- **Oils:** Sunflower oil, wheat germ oil
- **Vegetables:** Spinach, Swiss chard

Vitamin K

- **Leafy Greens:** Kale, collard greens, spinach, broccoli
 - **Fermented Foods:** Natto, sauerkraut
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Minerals

Calcium

- **Dairy/Alternatives:** Milk, yogurt, cheese, fortified plant milk
- **Vegetables:** Broccoli, bok choy, kale

Iron

- **Animal Sources:** Beef, chicken, turkey
- **Plant Sources:** Lentils, chickpeas, tofu, spinach, fortified cereals

Magnesium

- **Nuts & Seeds:** Almonds, cashews, pumpkin seeds
- **Grains:** Quinoa, whole wheat bread
- **Vegetables:** Spinach, Swiss chard

Zinc

- **Animal Sources:** Beef, chicken, seafood (especially oysters)

- **Plant Sources:** Pumpkin seeds, chickpeas, fortified cereals

Potassium

- **Fruits:** Bananas, oranges, avocados, dates
 - **Vegetables:** Potatoes, sweet potatoes, spinach, mushrooms
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Antioxidants & Phytochemicals

- **Berries:** Blueberries, raspberries, blackberries, cranberries
 - **Tea:** Green tea, black tea, herbal tea
 - **Spices:** Turmeric, ginger, cinnamon
 - **Dark Chocolate:** (85% cocoa or higher)
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Healthy Grocery Shopping Tips

1. Stick to the outer aisles of the grocery store where fresh produce, dairy, and meats are usually located.
2. Buy organic and locally sourced items when possible to reduce exposure to pesticides.
3. Aim for a rainbow on your plate—more colors mean a greater variety of nutrients!

